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# Nutri - Topics

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## Nutrition During Pregnancy and Breastfeeding

**Books, Book Chapters, and Journal Articles** (Materials are grouped by subject area and listed in order by year under subject area)

### General Overview

*The Breastfeeding Answer Book.* 2nd edition. Nancy Mohrbacher and Julie Stock. Franklin Park, IL: La Leche League International. 1996.

*Breastfeeding Terms, Techniques, Problem Solving: Illustrated Multi-Language Pocket Glossary.* Jamie Eloise Bolane with Nancy J. Clark and Josephine Tullo. Waco, TX: Childbirth Graphics, Inc. 1994. 64 pp.

"Maternal-fetal nutrition." Barbara Luke. *Clinical Obstetrics and Gynecology*, 17(1):93-109. 1994.

*Clinical Maternal-Fetal Nutrition.* Barbara Luke, Timothy R.B. Johnson, and Roy H. Petire. Boston, MA: Little, Brown, and Company. 1993. 335 pp.

"Nutrition during pregnancy: ACOG Technical Bulletin Number 179 - April 1993." *International Journal of Gynaecology and Obstetrics*, 43(1):67-74. 1993.

*Nutrition in Pregnancy and Lactation.* 5th edition. Bonnie Worthington-Roberts and Sue Rodwell Williams. St. Louis, MO: Mosby-Year Book, Inc. 1993. 537 pp.

"Preconceptional nutrition and reproductive outcomes." Judith E. Brown. *Annals of the New York Academy of Sciences*, 678:286-292. 1993.

*Nutrition During Pregnancy and Lactation: An Implementation Guide.* Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy and Nutrition. Washington, DC: National Academy Press. 1992. 133 pp.

*Nutrition Services in Perinatal Care.* 2nd edition. Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy and Nutrition. Washington, DC: National Academy Press. 1992. 114 pp.

*Nutrition During Lactation.* Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy and Lactation. Subcommittee on Nutrition During Lactation. Washington, DC: National Academy Press. 1991. 309 pp.

*The Womanly Art of Breastfeeding.* 5th edition. Franklin Park, IL: La Leche League International. 1991. 447 pp.

*Nutrition During Pregnancy: Part I: Weight Gain, Part II: Nutrient Supplements.* Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy. Washington, DC: National Academy Press. 1990. 468 pp.

### **Adolescent Pregnancy**

(See Nutrition Education section for articles on nutrition education for pregnant adolescents.)

“Position of The American Dietetic Association: nutrition care for pregnant adolescents.”  
*Journal of The American Dietetic Association*, 94(4):449-450. 1994.

“Nutrition during teenage pregnancy.” Yolanda Gutierrez and Janet C. King. *Pediatric Annals*, 22(2):99-108. 1993.

### **Benefits of Breastfeeding**

“How breast milk protects newborns: some of the molecules and cells in human milk actively help infants stave off infection.” Jack Newman. *Scientific American*, 273(6):76-79. 1995.

“Human breast milk and facilitation of gastrointestinal development and maturation.” Mary Beth Yellis. *Gastroenterology Nursing*, 18(1):11-15. 1995.

### **Breastfeeding Promotion - General**

*Breastfeeding: Abstracts and Products of MCHB-Funded Projects.* Arlington, VA: National Center for Education in Maternal and Child Health. 1996. 79 pp. [Available from: National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Rd., Suite 450, Vienna, VA 22182-2536. (703) 821-8955, Fax: (703) 821-2098.]



“Position of The American Dietetic Association: promotion and support of breast-feeding.”  
*Journal of The American Dietetic Association*, 93(4):467-469. 1993.

### **Breastfeeding Promotion - Client**

“A breast feeding education and promotion program: effects on knowledge, attitudes, and support for breast feeding.” John P. Sciacca, et al. *Journal of Community Health*, 20(6):473-490. 1995.

“Impact of a breastfeeding promotion program for Hmong women at selected WIC sites in northern California.” Cynthia Reeves Tuttle and Kathryn G. Dewey. *Journal of Nutrition Education*, 27(2):69-74. 1995.

“An evaluation of breastfeeding promotion literature: does it really promote breastfeeding?”  
Ruta K. Valaitis and Eileen Shea. *Canadian Journal of Public Health*, 84(1):24-27. 1993.

“Cultural sensitivity in the promotion of breastfeeding.” Rachel Abramson. *NAACOG’s Clinical Issues in Perinatal Womens Health Nursing*, 3(4):717-722. 1992.

“A strategy for promoting breastfeeding among economically disadvantaged women and adolescents.” Carol A. Bryant, et al. *NAACOG’s Clinical Issues in Perinatal Womens Health Nursing*, 3(4):723-730. 1992.

### **Breastfeeding Promotion - Hospitals and Health Professionals**

“Changing hospital practices to increase the duration of breastfeeding.” Anne Wright, Sydney Rice, and Susan Wells. *Pediatrics*, 97(5):669-675. 1996.

“Health professionals and breastfeeding counseling: client and provider views.” Jeannine Coreil, et al. *Journal of Human Lactation*, 11(4):265-271. 1995.

“Improving breastfeeding support: a community health improvement project.” Ellen W. Leff, et al. *Journal on Quality Improvement*, 21(10):521-529. 1995.

“Pediatrician involvement in breast-feeding promotion: a national study of residents and practitioners.” Gary L. Freed, et al. *Pediatrics*, 96(3):490-494. 1995.

“Swimming upstream: breastfeeding care in a nonbreastfeeding culture.” Chris Mulford. *Journal of Obstetric, Gynecological, and Neonatal Nursing*, 24(5):464-474. 1995.

“Infant feeding policies in maternity wards and their effect on breast-feeding success: an analytical overview.” Rafael Pérez-Escamilla, et al. *American Journal of Public Health*, 84(1):89-97. 1994.

“Nursing mothers service: a community breast-feeding program.” Susan Mattera Fendrick, Ann LaMarca Major, and Frances R. Brown. *Pediatric Nursing*, 20(3):241-244. 1994.

“Hospital infant feeding practices in metropolitan Chicago: an evaluation of the 'Ten Steps to Successful Breast-feeding.'” Mihira V. Karra, et al. *Journal of The American Dietetic Association*, 93(12):1437-1439. 1993.

“The association of formula samples given at hospital discharge with the early duration of breastfeeding.” B.J. Snell, et al. *Journal of Human Lactation*, 8(2):67-72. 1992.

### **Breastfeeding Promotion-Worksite and Child Care**

“Supporting the breastfeeding relationship during child care: why is it important?” Sandra L. Morris. *Young Children*, 50(2):59-62. 1995.

“Breastfeeding support for hospital employees.” Janet Malinowski and Elizabeth Patterson. *Journal of Human Lactation*, 9(2):115-116. 1993.

*What Gives These Companies a Competitive Edge? Worksite Support for Breastfeeding Employees.* Washington, DC: Breastfeeding Promotion Committee, Healthy Mothers, Healthy Babies. 1993. 4 pp. [Available from: National Maternal and Child Health Clearinghouse, 2070 Chain Bridge Rd., Suite 450, Vienna, VA 22182-2536. (703) 821-8955, Fax: (703) 821-2098.]

### **Folacin**

“Current issues in prenatal nutrition.” T. Beaudette. *Seminars in Nutrition*, 13(3):1-18. 1994.

“Folate fortification and neural tube defects: policy implications.” Marion Nestle. *Journal of Nutrition Education*, 26(6):287-293. 1994.

“The folate status of women and health.” Mary Frances Picciano, Timothy Green, and Deborah L. O'Connor. *Nutrition Today*, 29(6):20-29. 1994.

“Folic acid and prevention of neural tube birth defects: critical assessment of FDA proposals to increase folic acid intakes.” Adrienne Bendich. *Journal of Nutrition Education*, 26(6):294-299. 1994.

“Folate and neural tube defects: US policy evolves.” *Nutrition Reviews*, 51(12):358-361. 1993.

“Folic acid for the prevention of neural tube defects.” Committee on Genetics. American Academy of Pediatrics. *Pediatrics*, 92(3):493-494. 1993.

## **Nutrient Requirements for Pregnant and Breastfeeding Women**

“Calcium metabolism, calcium supplementation and hypertensive disorders of pregnancy.” H.J. van den Elzen, et al. *European Journal of Obstetrics & Gynecology*, 59(1):5-16. 1995.

“Benefits and risks of modifying maternal fat intake in pregnancy and lactation.” David L. Hachey. *American Journal of Clinical Nutrition*, 59(suppl. 2):454S-461S. 1994.

“Extended lactation and loss of bone.” *Nutrition Reviews*, 52(1):26-28. 1994.

“Trace element nutrition during pregnancy.” Leslie Wada and Janet C. King. *Clinical Obstetrics and Gynecology*, 37(3):574-586. 1994.

“Are n-3 fatty acids essential nutrients for fetal and infant development?” Joyce A. Nettleton. *Journal of The American Dietetic Association*, 93(1):58-64. 1993.

“Effects of energy and protein intakes on pregnancy outcome: an overview of the research evidence from controlled clinical trials.” M.S. Kramer. *American Journal of Clinical Nutrition*, 58(5):627-635. 1993.

“Vitamin A supplementation during pregnancy. ACOG Committee Opinion.” Committee on Obstetrics: Maternal and Fetal Medicine. *International Journal of Gynaecology and Obstetrics*, 40(2):175. 1993.

“Vitamin and mineral status of women of childbearing potential.” Gladys Block and Barbara Abrams. *Annals of the New York Academy of Sciences*, 678:244-254. 1993.

“Calcium metabolism in the pregnant and lactating female.” Roy M. Pitkin. In: *Calcium Nutrition for Mothers and Children. Carnation Nutrition Education Series*. Reginald C. Tsang and Francis Mimouni (eds.). 3:27-37. 1992.

“Calcium supplementation prevents hypertensive disorders of pregnancy.” *Nutrition Reviews*, 50(8):233-236. 1992.



- “The influence of maternal nutrition on lactation.” Kathleen Maher Rasmussen. *Annual Review of Nutrition*, 12:103-117. 1992.
- “Iron balance in pregnancy and lactation.” Leif Hallberg. In: *Nutritional Anemias. Nestlé Nutrition Workshop Series*. S.J. Foman and S. Zlotkin (eds.). 30:13-28. 1992.
- “The relationship of calcium nutrition and metabolism to preeclampsia and premature labor.” Leslie Myatt. In: *Calcium Nutriture for Mothers and Children. Carnation Nutrition Series*. Reginald C. Tsang and Francis Mimouni (eds.). 3:129-141. 1992.
- “Zinc: a perinatal point of view.” Roxana Valdes-Ramos. *Progress in Food and Nutrition Science*, 16(4):279-306. 1992.
- “The metabolism of trace elements in pregnancy.” Peter J. Aggett, Doris M. Campbell, and R. Page. In: *Trace Elements in Nutrition of Children. Nestlé Nutrition Workshop Series*, 23:27-48. 1991.
- “Perinatal magnesium metabolism: personal data and challenges for the 1990's.” Francis Mimouni and Reginald C. Tsang. *Magnesium Research*, 4(2):109-117. 1991.
- “Vitamin D and calcium homeostasis in pregnancy: feto-maternal relationships” Edgard E. Delvin, Bernard L. Salle, and Francis H. Glorieux. In: *Rickets. Nesilé Nutrition Workshop Series*. Francis H. Glorieux (ed.). 21:91-105. 1991.

## **Nutrition Education**

- “How and what do pregnant adolescents want to learn about nutrition? Jean D. Skinner, et al. *Journal of Nutrition Education*, 28(5):266-271. 1996.
- “Breastfeeding in children’s books: reflecting and shaping our values.” Anne Altshuler. *Journal of Human Lactation*, 11(4):293-305. 1995.
- “Breast-feeding education and practice in family medicine.” Gary L. Freed, et al. *The Journal of Family Practice*, 40(3):263-269. 1995.
- “Need for nutrition advice in prenatal care.” Stella M. Yu and Robert T. Jackson. *Journal of The American Dietetic Association*, 95(9):1027-1029. 1995.
- “Peer counselor program increases breastfeeding rates in Utah Native American WIC population.” Debbie G. Long, et al. *Journal of Human Lactation*, 11(4):279-284. 1995.



- “A score sheet for evaluating breastfeeding educational materials.” Linda J. Smith. *Journal of Human Lactation*, 11(4):307-311. 1995.
- “Communication effectiveness of postnatal nutrition education in a WIC program.” Maryam Navaie, Deborah Glik, and Kiran Saluja. *Journal of Nutrition Education*, 26(5):211-217. 1994.
- “Effect of peer counselors on breastfeeding initiation, exclusivity, and duration among low-income urban women.” Naomi Kistin, Rachel Abramson, and Peg Dublin. *Journal of Human Lactation*, 10(1):11-15. 1994.
- “Evaluation of an information booklet on breastfeeding duration: a clinical trial.” Yvonne L. Hauck and Joan E. Dimmock. *Journal of Advanced Nursing*, 20(5):836-843. 1994.
- “Lactation education practice and procedure: information and support offered to economically disadvantaged women.” M. Kay Libbus. *Journal of Community Health Nursing*, 11(1):1-10. 1994.
- “Reading skill and comprehension of the Dietary Guidelines by WIC participants.” Karen M. Busselman and Carol Ann Holcomb. *Journal of The American Dietetic Association*, 94(6):622-625. 1994.
- “A meta-evaluation of nutrition education intervention research among pregnant women.” Neal Richard Boyd and Richard A. Windsor. *Health Education Quarterly*, 20(3):327-345. 1993.
- “Pregnant adolescents learn about weight gain.” Barbara Seed. *Journal of Nutrition Education*, 25(1):50B. 1993.
- “Development of a culturally appropriate food guide for pregnant Caribbean immigrants to the United States.” Sharon L. Stowers. *Journal of The American Dietetic Association*, 92(3):331-336. 1992.
- “Development of a prenatal weight gain intervention program using social marketing methods.” Judith E. Brown, et al. *Journal of Nutrition Education*, 24(1):21-28. 1992.
- “Education program for pregnant teenagers.” Barbara Blauvelt Morlang and Jean C. Robbins. *Journal of Nutrition Education*, 24(1):50D. 1992.
- “The association of prenatal nutrition and educational services with low birth weight rates of a Florida program.” Douglas L. Taren and Stanley N. Graven. *Public Health Reports*, 106(4):426-436. 1991.

“Developing a daily food guide for women.” Vicky Newman and Diana Lee. *Journal of Nutrition Education*, 23(2):76-82. 1991.

## **Special Concerns**

“Impact of attitudes on maternal decisions regarding infant feeding.” Mary Losch, et al. *The Journal of Pediatrics*, 126(4):507-514. 1995.

“Reproduction and caffeine consumption -- a literature review.” Jean Golding. *Early Human Development*, 43:1-14. 1995.

“Consequences on the newborn of chronic maternal consumption of coffee during gestation and lactation: a review.” Astrid Nehlig and Gérard Debry. *Journal of the American College of Nutrition*, 13(1):6-21. 1994.

“Educational guidelines for pre-existing diabetes complicated by pregnancy.” AADE Task Force on Diabetes and Pregnancy. *The Diabetes Educator*, 19(1):15-17. 1993.

“Pregnancy and eating disorders: a review and clinical implications.” Debra L. Franko and Barbara E. Walton. *International Journal of Eating Disorders*, 13(1):41-48. 1993.

“The father’s role in breastfeeding.” William Sears. *NAACOG’s Clinical Issues in Perinatal Womens Health Nursing*, 3(4):713-716. 1992.

“Food for Asian mothers-to-be.” Susan Way. *Nursing Times*, 87(49):50-52. 1991.

“Pica practices of pregnant women.” Ronnie D. Horner, et al. *Journal of The American Dietetic Association*, 91(1):34-38. 1991.

“The vegan diet during pregnancy, lactation, and childhood: pregnancy and the vegan diet.” Reed Mangels. *Vegetarian Journal*, 10(1):9-13. 1991.

## **Weight Gain**

“Weight gain and energy intake during pregnancy.” Barbara Abrams. *Clinical Obstetrics and Gynecology*, 37(3):515-527. 1994.

“The effect of pregnancy weight gain on later obesity.” Sally Ann Lederman. *Obstetrics and Gynecology*, 82(1):148-155. 1993.

“Pregnancy-related weight gain and retention: implications of the 1990 Institute of Medicine guidelines.” Kenneth G. Keppel and Selma M. Taffel. *American Journal of Public Health*, 83(8):1100-1103. 1993.

“Recent issues related to nutrition during pregnancy.” Sally Ann Lederman. *Journal of The American College of Nutrition*, 12(2):91-100. 1993.

“Prenatal weight gain advice: an examination of the recent prenatal weight gain recommendations of the Institute of Medicine.” Jennifer D. Parker and Barbara Abrams. *Obstetrics and Gynecology*, 79(5, pt. 1):664-669. 1992.

### **Booklets, Pamphlets, and Handouts** (in alphabetical order by title)

The handout materials listed below are only available in bulk, as camera-ready masters, or to health professionals. There is a charge for most of the printed materials listed below. Please contact the source for current prices. Also refer to the Consumer edition of *Nutrition During Pregnancy and Breastfeeding Nutri-Topics* for additional handout materials.

### **Pregnancy**

*About Nutrition and Pregnancy*. South Deerfield, MA: Channing L. Bete Co., Inc. 1993. 15 pp. Available from: Channing L. Bete Co., Inc., 200 State Rd., South Deerfield, MA 01373-0200. (800) 628-7733 or (413) 665-7611, Fax: (800) 499-6464.

*Food Shopping List for a Healthy Pregnancy/Snacks for a Healthy Pregnancy*. (Available in Spanish) Philadelphia, PA: Philadelphia Department of Health. 1994. 2 pp. Available from: Maternal and Child Health, Philadelphia Dept. of Health, 500 S. Broad. St., 2nd Floor, Philadelphia, PA 19146. (215) 685-6825; Fax: (215) 685-6806.

*For the Pregnant Woman with High Blood Sugar: Daily Food Guide 1800 (or 2000 or 2200)*. Englewood, CO: Tri-County Health Dept. Not dated. 6 panels. Camera-ready master available from: Tri-County Health Dept., Nutrition Division, 7000 E. Bellview Ave., Suite 301, Englewood, CO 80111-1628, (303) 220-9200, Fax: (303) 220-9208.

*Helpful Hints for Nausea, Constipation, Heartburn*. Salt Lake City, UT: Utah WIC Program. 1995. 4 pp. Available from: Utah WIC Program, 288 N. 1460 West, Box 144470, Salt Lake City, UT 84114-4470, (801) 538-6960.

*My Child My Choices: Healthy Eating When You Are Pregnant* (Publication number: B3548; for pregnant adolescents). 1991. 28 pp. Madison, WI: University of Wisconsin-Extension, Cooperative Extension. Available from: Cooperative Extension Publications, 630 West Mifflin St., Room 170, Madison, WI 53703. (608) 262-3346.



*Taking Care of Gestational Diabetes.* (Available in Spanish: *El Ciudadano De La Diabetes Gestacional*; for low literate audiences). Marion J. Franz. Minneapolis, MN: ChroniMed, Inc. 1992. 44 pp. Available from: ChroniMed, Inc., P.O. Box 47945, Dept. 857, Minneapolis, MN 55447-9729. (800) 444-5951.

*To the Pregnant Woman Who is Not Gaining Enough Weight.* Salt Lake City, UT: Utah WIC Program. 1996. 2 pp. Available from: Utah WIC Program, 288 N. 1460 West, Box 144470, Salt Lake City, UT 84114-4470. (801) 538-6960.

## **Breastfeeding**

*Babies First* series (Available in Spanish: *Bebes Primero*). 1: *You are pregnant: now is the time to think about how you want to feed your baby* #1101 (Spanish title [#1201]: *Usted está embarazada: ahora es el tiempo de pensar como quiere usted alimentar a su bebé*), 2: *Getting Started Breastfeeding* #1102 (Spanish title [#1202]: *Empezando a Dar Pecho*). 3: *How should I care for myself after my baby is born?* #1103 (Spanish title [#1203]: *¿Como me cuidaré después de que mi bebé haya nacido?*), 5: *Breastfeeding and Work or School: Pumping and Storage* #1105 (Spanish title [#1205]: *Dar Pecho asisitiendo al Trabajo o a la Escuela: Extrayendo y Almacenando*). Cleveland, OH: The Learning Curve of Weingart Design. 1993. 6-10 panels. Available from: The Learning Curve, 4614 Prospect Ave., #421, Cleveland, OH 44103-4314. (800) 795-9295 or (216) 881-5151.

*Best Start* handout series. *Breastfeeding Can Make Grandmothers More Loving, Breastfeeding Can Make Your Baby's Father More Loving, Breastfeeding is Easy To Learn, Breastfeeding Can Help You Share a Special Bond with Your Baby, Breastfeeding Can Make You Feel Good About Yourself, Breastfeeding Doesn't Have to Change the Way You Eat, Breastfeeding Doesn't Have to Be Embarrassing, Breastfeeding Can Make Your Family and Friends Proud of You, and Breastfeeding Doesn't Have to Tie You Down* (8th grade reading level; low literacy [5th grade level] and Spanish versions also available). 1990 (1992 for low literacy series). 2-4 pp. each. Available from: Best Start, Inc., 3500 E. Fletcher Ave., Suite 519, Tampa, FL 33613. (800) 277-4975 or (813) 971-2119, Fax: (813) 971-2280.

*Breast-feeding -- The best way to feed your baby.* (Available in Spanish: *La lactancia natural -- la mejor manera de amamantar a su bebé*. For low literate audiences.) South Deerfield, MA: Channing L. Bete Co., Inc. 1992. 7 pp. Available from: Channing L. Bete Co., Inc., 200 State Rd., South Deerfield, MA 01373-0200. (800) 628-7733 or (413) 665-7611, Fax: (800) 499-6464.



Breastfeeding Fact Sheets: *Why Breastfeed?, Breastfeeding Positions, Attachment, How to Use the Hand Pump, Returning to Work or School*. Seattle, WA: Seattle-King County Dept. of Public Health. 1988. 4" X 9" cards. Available from: Breastfeeding Publications, Seattle-King County Dept. of Public Health, 110 Prefontaine Place South, Suite 500, Seattle, WA 98104. (206) 296-4672 or (206) 296-4902, Fax: (206) 296-4679.

*Breastfeeding for All the Right Reasons* #1000 (Available in Spanish [#1010]: *Dándole a su bebé el pecho: Todas las razones correctas.*) Cleveland, OH: The Learning Curve of Weingart Design. 1989. 5 panels. Available from: The Learning Curve, 4614 Prospect Ave., #421, Cleveland, OH 44103-4314. (800) 795-9295 or (216) 881-5151.

*Breastfeeding for the Woman with Diabetes* #253 (Also available in Spanish #631). Jefferson City, MO: Missouri Dept. of Health. 1993. 10 pp. Available from: Missouri Dept. of Health, Bureau of Nutrition Services and WIC, 930 Wildwood, Jefferson City, MO 65109. (573) 751-6204, Fax: (573) 526-1470, e-mail: [ThompE@mail.health.state.mo.us](mailto:ThompE@mail.health.state.mo.us)

*Breastmilk: Expression, Storage, and Use* #665 (Also available in Spanish #389: *Lactancia Materna: Extracción De La Leche, Como Guardarla y Su Uso.*). Jefferson City, MO: Missouri Dept. of Health. 1994. 8 pp. Available from: Missouri Dept. of Health, Bureau of Nutrition Services and WIC, 930 Wildwood, Jefferson City, MO 65109. (573) 751-6204, Fax: (573) 526-1470, e-mail: [ThompE@mail.health.state.mo.us](mailto:ThompE@mail.health.state.mo.us)

*Consider Breastfeeding* (EFNEP-218B). Ames, IA: Iowa State University Extension. 1995. 1 pp. Camera-ready master available from: Extension Distribution Center, 119 Printing and Publication Bldg., Iowa State University, Ames, IA 50011-3171. (515) 294-5247, Fax: (515) 294-2945, e-mail: [pubdist@exnet.iastate.edu](mailto:pubdist@exnet.iastate.edu)

*How to Have a Good Breast Milk Supply*. Salt Lake City, UT: Utah WIC Program. 1995. 2 pp. Available from: Utah WIC Program, 288 N. 1460 West, Box 144470, Salt Lake City, UT 84114-4470. (801) 538-6960.

*Thinking About Breastfeeding* #220 (Also available in Spanish #59: *¿Pensando En Lactancia Materna?*). Jefferson City, MO: Missouri Dept. of Health. 1996. 5 pp. Available from: Missouri Dept. of Health, Bureau of Nutrition Services and WIC, 930 Wildwood, Jefferson City, MO 65109. (573) 751-6204, Fax: (573) 526-1470, e-mail: [ThompE@mail.health.state.mo.us](mailto:ThompE@mail.health.state.mo.us)

*Why Breastfeed? -- Two friends share their thoughts about breastfeeding.* (Available in Spanish: *¿Por qué amamantar a su bebé? -- Dos amigas comparten sus opiniones acerca de la lactancia natural.* For low literate audiences.) South Deerfield, MA: Channing L. Bete Co., Inc. 1996. 7 pp. Available from: Channing L. Bete Co., Inc., 200 State Rd., South Deerfield, MA 01373-0200. (800) 628-7733 or (413) 665-7611, Fax: (800) 499-6464.

**Materials for Children** (This section does NOT include materials for pregnant teens. These materials are listed under the other sections.)

*Mommy Breastfeeds Our Baby.* Teresa Carroll. Tuscaloosa, AL: NuBaby, Inc. 1990. 22 pp. Available from: La Leche League International, 1400 N. Meacham Rd., P.O. Box 4079, Schaumburg, IL 60168-4079. (847) 519-7730, Fax: (847) 519-0035, World Wide Web: <http://www.lalecheleague.org/>

*Mommy's Milk for Mommy's Baby* (Available in Spanish: *La Leche de Mamà para El Bebé de Mamá.*) Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. 1988. Available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. **Includes:** 4 minute (VHS) videocassette. **Content:** Shows children how breastfeeding is a natural way to feed babies. **Audience:** Children ages 2-5.

**Curriculum Guides and Other Teaching Materials** (Materials are listed in alphabetical order)

## **Pregnancy**

*Choosing a Healthy Start: Nutrition for Pregnant Teens: Instructional Guide Packet.* Honolulu, HI: Nutrition Branch, Hawaii State Department of Health. 1992. Available from: Hawaii NET Program, Hawaii Dept. of Education, 189 Lunalilo Home Rd., 2nd Floor, Honolulu, HI 96825. (808) 396-2543.

*Have a Healthy Baby* (a nutrition curriculum for pregnant teens; instructor handbook and student workbooks available; EFNEP paraprofessional-taught version for limited resource teens and adults also available.). Karen L. Konzelmann, et al. Lafayette, IN: Purdue University Cooperative Extension Service. 1994. Available from: Agricultural Communications Service, Media Distribution Center, 301 South Second St., Lafayette, IN 47901-1232. (317) 494-6795. For questions about the curriculum call Donna Vandergraff at (317) 494-8538.

*Hey! What's Cookin'?* (a nutrition curriculum for pregnant teens). Raleigh, NC: North Carolina Cooperative Extension Service. 1994. Available from: North Carolina Cooperative Extension Service, NCSU, Box 7605, Raleigh, NC 27695-7605. (919)-515-9141.

*Nutrition for a Healthy Mother and Baby* (In Vietnamese with English translation: *Dinh,D,õ'ng Lành Mạnh Cho Ng,ò'i Me và Tre S\* Sinh*; flip chart). Berkeley, CA: Vietnamese Project, University of California, Berkeley. 1996. Available from: Cooperative Extension, Vietnamese Nutrition Education Materials, c/o Damaris Castillo, Dept. of Nutritional Sciences, Morgan Hall, Berkeley, CA 94720-3104. For questions about this flip chart, call Joanne Ikeda at (510) 642-2790.

*Nutrition for Pregnancy: Focus on Healthy Outcomes: An Educational Module for Health Professionals*. Carol A. Hickey, Bonnie S. Worthington-Roberts, and Carol West Sutor. White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Nutrition Screening, Assessment, and Guidance During Pregnancy: An Educational Module for Health Professionals*. Carolyn O. Sharbaugh and Carol West Sutor. White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Today's Mom* (for limited income pregnant women and teens). Auburn, AL: Alabama Cooperative Extension. 1996. Available from: Extension Assistant Director of Communications, 222 Duncan Hall Annex, Auburn University, AL 36849-5623. (334) 844-2217, Fax: (334) 844-5354, e-mail: bstruemp@acenet.auburn.edu

## **Breastfeeding**

*BEST START Training Program* (includes video *What Difference Does it Make?*, training manual, and counseling guide; radio and TV PSAs also available; for health professionals). Tampa, FL: Best Start, Inc. 1989. Available from: Best Start, Inc., 3500 E. Fletcher Ave., Suite 519, Tampa, FL 33613. (800) 277-4975 or (813) 971-2119, Fax: (813) 971-2280.

*Breastfeeding Basics* (for training peer counselors). East Lansing, MI: Michigan State University Extension (in collaboration with Michigan WIC). 1995. Available from: Michigan State University Extension, Children, Youth, & Family Programs, 202 Wills House, East Lansing, MI 48824. (517) 355-4699, Fax: (517) 353-4846, e-mail: mckay@msue.msu.edu



*Breastfeeding Care: Setting The Environment, Supporting the Process: An Educational Module for Health Professionals.* Ruth A. Lawrence, Carol Bryant, and Laurie Quint-Adler. White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Breastfeeding Models* (3 breast models in 3 different skin colors). Waco, TX: Childbirth Graphics, Inc. 1991. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287, Fax: (817) 751-0221, e-mail: sales@wrsgroup.com, World Wide Web: <http://www.wrsgroup.com>

*Breastfeeding Topics for Clinic & Office Staff: Inservice Training Program. Instructor's Guide.* Barbara Bono and Lucille Harrington. Jacksonville, FL: Florida Healthy Mothers, Healthy Babies. 1995. Available from: Florida Healthy Mothers, Healthy Babies, 1406 Hays St., Suite 6, Tallahassee, FL 32301. (904) 414-5795, Fax: (904) 414-1068.

*Breastfeeding: Using Incentives in a WIC Environment* (for WIC staff for setting up breastfeeding incentive program; Also available: point record books in English and Spanish and booklet *Breastfeeding: The Prize of a Lifetime! A Guide for the Breastfeeding Mother.*) Atlanta, GA: Southside Healthcare, Inc. 1994. Available from: Southside Healthcare, Inc., Dept. of WIC and Nutrition Services, 1039 Ridge Ave., SW, Atlanta, GA 30315. (404) 688-1350, ext. 244, Fax: (404) 522-0374.

*Consider Breastfeeding* (flip chart for one-on-one teaching; EFNEP-218; Also request camera-ready handout *Consider Breastfeeding* [EFNEP-218B]). Ames, IA: Iowa State University Extension, 1995. Available from: Extension Distribution Center, 119 Printing and Publication Bldg., Iowa State University, Ames, IA 50011-3171. (515) 294-5247, Fax: (515) 294-2945, e-mail: [pubdist@exnet.iastate.edu](mailto:pubdist@exnet.iastate.edu)

*Lactation Management Curriculum: A Faculty Guide for Schools of Medicine, Nursing, and Nutrition.* 3rd edition. Gail Woodward-Lopez and A. Elizabeth Creer (eds.). San Diego, CA: Wellstart International. 1995. Available from: Educational Materials Coordinator, Wellstart International, 4062 First Ave., San Diego, CA 92103-2045. (619) 574-8162, Fax: (619) 294-7787, e-mail: [inquiry@wellstart.org](mailto:inquiry@wellstart.org)

*Telephone Support Early Days of Breastfeeding* (EFNEP-244). Ames, IA: Iowa State University Extension. 1994. 4 pp. Camera-ready master available from: Extension Distribution Center, 119 Printing and Publication Bldg., Iowa State University, Ames, IA 50011-3171. (515) 294-5247, Fax: (515) 294-2945, e-mail: [pubdist@exnet.iastate.edu](mailto:pubdist@exnet.iastate.edu)



*WIC Breastfeeding Peer Counselor Training Program.* Denver, CO: Mountain Plains WIC State Agencies in cooperation with the USDA, Food and Consumer Service, Mountain Plains Regional Office. 1996. 174 pp. Available from: Utah WIC Program, 288 N. 1460 West, Box 144470, Salt Lake City, UT 84114-4470. (801) 538-6960.

**Audiovisuals** (Materials are listed in alphabetical order by title. Audience is consumers unless a specific audience is indicated.)

## **Pregnancy**

*Feeling Fat?* Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. 1988. Video available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. For information on slide/tape sets contact: WIC Nutrition Education Coordinator, Texas Dept. of Health, Bureau of Nutrition Services, 1100 W. 49th St., Austin, TX 78756. (512) 458-7437. **Includes:** 10 minute (VHS) videocassette (12 minute for Spanish) or 77 slides and audiocassette with both English and Spanish versions. **Content:** Two young mothers discuss how they lost weight after childbirth.

*Gestational Diabetes: Common Sense Guide for Expectant Moms* (Available in Spanish: *Diabetes Durante La Gestación: Guía De Sentido Común Para Madres Embarazadas*). Evanston, IL: Creative Video/Altschul Group Corporation. 1994. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 100, Evanston, IL 60201. (800) 323-9084 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com. **Includes:** 13 minute (VHS) videocassette. **Content:** Provides an overview of gestational diabetes. Includes information about meal planning, exercise, blood glucose monitoring, and insulin injections.

*Gestational Diabetes for Patient Education* (Also available in Spanish). Boston, MA: Polymorph Film. 1990. Available from: Polymorph Film, 95 Chapel St., Newton, MA 02158. (800) 223-5107 or (617) 542-2004, Fax: (617) 965-9449. **Includes:** 9 minute (VHS) videocassette. **Content:** Provides an overview of gestational diabetes. Includes information about effects on the baby, complications, diet, and exercise.

*Get the Facts: Food Labeling in the 90's.* University Park, PA: The Pennsylvania State University. 1994. Available from (orders must be pre-paid): Materials Services, 128 Mitchell Bldg., University Park, PA 16802. (814) 863-4509. **Includes:** 12 minute (VHS) videocassette. **Content:** Encourages pregnant women to read the new food label. Main characters are two pregnant women, a young Black-American woman and a White woman in her 30's.

*Health During Pregnancy: Lily Looks Back* (Also available in Spanish). Evanston, IL: Altschul Group Corporation. 1993. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 400, Evanston, IL 60201. (800) 323-9084 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com **Includes:** 12 minute (VHS) videocassette. **Content:** Main character Lily looks back at her pregnancy and tells her sister about prenatal care, good nutrition for pregnancy, the Food Guide Pyramid, the importance of breakfast, exercise during pregnancy, and substances to avoid during pregnancy.

*Healthy Foods, Healthy Baby*. Philadelphia, PA: Philadelphia Department of Health. 1992. Available from: Maternal and Child Health, Philadelphia Dept. of Health, 500 S. Broad St., 2nd Floor, Philadelphia, PA 19146. (215) 685-6825; Fax: (215) 685-6806. **Includes:** 12 minute (VHS) videocassette and a leader's guide. **Content:** In a novela format, two young teens, one Black-American, one Hispanic, learn about good nutrition during pregnancy. **Audience:** pregnant teens and young women.

*Healthy Mother, Healthy Baby*. 3rd edition. North Hollywood, CA: Alfred Higgins Productions, Inc. 1995. Available from: Alfred Higgins Productions, Inc., 6350 Laurel Canyon Rd., North Hollywood, CA 91606. (800) 766-5353 or (818) 762-3300, Fax: (818) 762-8223. **Includes:** 15 minute (VHS) videocassette and study guide. **Content:** Discusses good nutrition during pregnancy based on the Food Guide Pyramid. Also touches on prenatal care, exercise, and substance abuse. **Audience:** junior high to adult.

*Inside My Mom* (Also available in Spanish). White Plains, NY: March of Dimes Birth Defects Foundation. 1990. Available from March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630 or (717) 820-8104. **Includes:** 9 minute (VHS) videocassette or 80 slides with audiocassette. **Content:** A cartoon fetus talks to his mom about how to feed him during pregnancy.

*Morning Sickness: All Day & All Night*. Brookline, MA: Lemond-Aid Films, Inc. 1994. Available from: Grinnen-Barrett Publishing Company, P.O. Box 779, Brookline, MA 02146. (617) 232-1993. **Includes:** 30 minute (VHS) videocassette. **Content:** Gives an overview of morning sickness, including information about what is morning sickness, how to cope with morning sickness, and the what are the myths of morning sickness.

*Nutrition After Childbirth: Setting a Standard for Life*. Evanston, IL: Altschul Group Corporation. 1993. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 400, Evanston, IL 60201. (800) 421-2363 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com. **Includes:** 11 minute (VHS) videocassette. **Content:** Teaches the postpartum woman about how to continue healthy nutrition habits after childbirth. Based on the Food Guide Pyramid.

*Nutrition During Pregnancy: Healthy Me, Healthy Baby* (Available in Spanish: *Nutrición Durante El Embarazo: Yo Saludable, Bebé Saludable*). Evanston, IL: Altschul Group Corporation. 1993. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 400, Evanston, IL 60201. (800) 323-9084 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com. **Includes:** 11 minute (VHS) videocassette. **Content:** A young woman visits the clinic and learns about good nutrition for pregnancy, including the Food Guide Pyramid, weight gain, meal ideas, and substances to avoid during pregnancy.

*Pregnancy and Nutrition*. Timonium, MD: Milner-Fenwick. 1993. Available from: Milner-Fenwick, 2125 Greenspring Dr., Timonium, MD 21093. (800) 432-8433 or (410) 252-1700, Fax: (410) 252-6316. **Includes:** 12 minute (VHS) videocassette. **Content:** Teaches the basics of good nutrition for a healthy pregnancy. Includes information about weight gain and problems during pregnancy. Recommendations are based on the Food Guide Pyramid.

*Recipe for a Good Start*. Harrisburg, PA: Pennsylvania Dept. of Health, WIC Program. 1994. Available from: Maternal Family Health Services, Inc., Attention: Andrea Schappert, 37 N. River St., Wilkes-Barre, PA 18702. (800) 367-6347 or (717) 824-9900, Fax: (717) 823-3040. **Includes:** 12 minute (VHS) videocassette and client brochure. **Content:** Discusses folate and shows how to prepare dishes with WIC foods that are good sources of folate.

*Safe Food Attitude: What Moms-To-Be Need to Know About Safe Food Handling*. Washington, DC: Food Safety and Inspection Service, U.S. Dept. of Agriculture. 1995. Available from: Modern Talking Pictures, 4707 140th Ave., North, Suite 105, Clearwater, FL 34622. (800) 237-4599 or (813) 538-5636. **Includes:** 40 minute (VHS) videocassette. **Content:** Includes nine segments, each less than five minutes long. Features a fictional rap group of four pregnant moms. Segment formats include novelas and songs on food safety topics, including shopping, food storage, food preparation, leftovers and reheating, foodborne illness, and handwashing after diaper changing. **Audience:** Pregnant or postpartum teens and young adults.

## Breastfeeding

*A Baby Shower for Betsy*. (Available in Spanish: *Un Baby Shower para Betsy*). Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. 1994. Available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. **Includes:** 9 minute (VHS) videocassette (10 minute for Spanish). **Content:** Promotes breastfeeding in a baby shower setting. Focus is healthy eating.



*BEST START: For All the Right Reasons.* Tampa, FL: Best Start, Inc. 1989. Available from: Best Start, Inc., 3500 E. Fletcher Ave., Suite 519, Tampa, FL 33613. (800) 277-4975 or (813) 971-2119, Fax: (813) 971-2280. **Includes:** 22 minute (VHS) videocassette. Also available as 110 min. continuous play format. **Content:** Designed to promote breastfeeding to women, this video features testimonials from breastfeeding women.

*Breastfeeding: A Special Relationship.* Raleigh, NC: Eagle Video Productions. 1991. Available from: Eagle Video Productions, 2201 Woodnell Dr., Raleigh, NC 27603-5240. (800) 869-7892 or (919) 779-7891, Fax: (919) 779-7284. **Includes:** 24 minute (VHS) videocassette and pad of 50 tear-off handouts. **Content:** Gives information about how to start breastfeeding, including colostrum, frequency of feedings, positions, latching-on, problems, and returning to work.

*Breastfeeding Techniques That Work! Volume 1: First Attachment, Volume 2: First Attachment in Bed, Volume 3: First Attachment After a Cesarean, Volume 4: Burping the Baby, Volume 5: Successful Working Mothers, Volume 6: Hand Expression, Volume 7: Supplemental Nursing System* (Volumes 1, 4, 6, and 7 also available in Spanish). Sunland, CA: Kittie Frantz. 1986-1989. Available from: Kittie Frantz, 10546 McVine Ave., Sunland, CA 91040. (818) 951-2809, Fax: (818) 951-9960. **Includes:** 14-26 minute (VHS or Beta; some available in 3/4" U-Matic) videocassettes. **Content:** Each video focuses on a different breastfeeding technique. Videos use live models to demonstrate positions and techniques. Volume 5 features a group discussion of working mothers who breastfeed.

*Breastfeeding: You Can Make the Difference.* Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. 1990. Available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. **Includes:** 13 minute (VHS) videocassette. **Content:** Designed to help WIC staff with breastfeeding promotion. **Audience:** WIC staff.

*The Case For Breastfeeding.* Evanston, IL: Altschul Group Corporation. 1992. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 400, Evanston, IL 60201. (800) 323-9084 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com **Includes:** 13 minute (VHS) videocassette. **Content:** Promotes breastfeeding by discussing the myths and misinformation about breastfeeding.

*Giving You the Best That I Got, Baby.* Baltimore, MD: Office of the Maryland WIC Program. 1993. Available from: Maryland Breastfeeding Promotion Coordinator, State of Maryland Dept. of Health and Mental Hygiene, 201 W. Preston St., Baltimore, MD 21201. (410) 225-5242. **Includes:** 14 minute (VHS) videocassette. **Content:** Designed to promote breastfeeding, this video features singer Anita Baker and other mothers who share their experiences with breastfeeding.



*A Healthier Baby by Breastfeeding* (Also available in Spanish). Linda J. Smith. Charlotte, NC: Television Innovation Company. 1991. Available from: Television Innovation Company, 8041 Arrowridge Blvd., Suite I, Charlotte, NC 28273. (800) 868-4336 or (707) 527-0800. **Includes:** 20 minute (VHS) videocassette. **Content:** Promotes breastfeeding and tells the new mother the basic of how to start breastfeeding.

*The Joy of Breastfeeding* (Available in Spanish: *La dicha de amamantar*). Evanston, IL: Altschul Group Corporation. 1994. Available from: Altschul Group Corporation, 1560 Sherman Ave., Suite 400, Evanston, IL 60201. (800) 323-9084 or (847) 328-6700, Fax: (847) 328-6706, e-mail: agcmedia@starnetinc.com **Includes:** 12 minute (VHS) videocassette. **Content:** Encourages women to breastfeed and gives the basics of how to get started.

*Missing Milk Caper II*. Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. Revised. 1991. Video available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. For information on slide/tape sets contact: WIC Nutrition Education Coordinator, Texas Dept. of Health, Bureau of Nutrition Services, 1100 W. 49th St., Austin, TX 78756. (512) 458-7437. **Includes:** 10 minute (VHS) videocassette (11 minute for Spanish) or slides and audiocassette with both English and Spanish versions. **Content:** Discusses common problems that cause women to stop breastfeeding.

*Nobody Loves Them Like You Do*. Tampa, FL: Best Start, Inc. 1993. Available from: Best Start, Inc., 3500 E. Fletcher Ave., Suite 519, Tampa, FL 33613. (800) 277-4975 or (813) 971-2119, Fax: (813) 971-2280. **Includes:** 22 minute (VHS) videocassette. **Content:** Answers questions teen mothers have about breastfeeding. Includes testimonials from teen WIC clients. **Audience:** pregnant teens, teen mothers.

*Smart Women, Smart Choices*. Harrisburg, PA: Pennsylvania Dept. of Health, WIC Program. 1993. Available from: Maternal Family Health Services, Inc., Attention: Andrea Schappert, 37 N. River St., Wilkes-Barre, PA 18702. (800) 367-6347 or (717) 824-9900, Fax: (717) 823-3040. **Includes:** 12 minute (VHS) videocassette and client brochure. **Content:** Promotes breastfeeding by discussing importance of breastfeeding and myths about breastfeeding.

*What Difference Does it Make?* Tampa, FL: Best Start, Inc. 1989. Available from: Best Start, Inc., 3500 E. Fletcher Ave., Suite 519, Tampa, FL 33613. (800) 277-4975 or (813) 971-2119, Fax: (813) 971-2280. **Includes:** 10 minute (VHS) videocassette. **Content:** Designed to motivate WIC staff to promote breastfeeding. Uses focus group sessions with clients. **Audience:** health professionals, especially WIC staff.

*Yes, You Can Breastfeed!* (Available in Spanish: ¡Si, Puede!) Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. 1989. Available from: Tele-Print Express, 220 W. MLK Blvd., Austin, TX 78701. (512) 480-8080, Fax: (512) 480-0478. **Includes:** 13 minute (VHS) videocassette. **Content:** Shows the new breastfeeding mother how to start breastfeeding and how to avoid problems.

*You Can Breastfeed Your Preterm Baby.* Mary J. O'Leary. Seattle, WA: Health Sciences Center for Educational Resources. 1988. Available from: HSCER Distribution Center, HSBT252 Box 357161, Seattle, WA 98195. (206) 685-1186, Fax: (206) 543-8051. **Includes:** 3 (VHS) videocassettes: *You Can Breastfeed Your Preterm Baby* (8 minutes), *Expressing Breastmilk for Your Preterm Baby* (14 minutes), and *Nursing Your Preterm Baby* (16 minutes); 3 handouts, and one poster. **Content:** Shows women how to breastfeed their preterm infants, including expressing and storing milk, promotion of breastfeeding among mothers of premature infants, unique characteristics of preterm infants, and techniques.

## Posters

*Atencion!* (Spanish only) Washington, DC: Food and Drug Administration. 1994. Single copies available from: FDA, HFE-88, Rockville, MD 20857, (800) 532-4440; Multiple copies available from: FDA, HFI-40, Rockville, MD 20857, Fax only: (301) 443-9057. **Includes:** 17" X 22" color poster. **Content:** Cautions mothers about possible Listeria contamination of soft cheeses.

*Breastfed Babies Benefit the Whole World* (EFNEP-243). Ames, IA: Iowa State University Extension. 1994. Available from Extension Distribution Center, 119 Printing and Publication Bldg., Iowa State University, Ames, IA 50011-3171. (515) 294-5247, Fax: (515) 294-2945, e-mail: pubdist@exnet.iastate.edu **Includes:** 18" X 24" color poster. **Content:** Shows drawing of baby swaddled in blanket of flags from countries round the world.

*Breastfeeding, A Special Gift Only You Can Give Your Baby* (English and Spanish on one poster). Waco, TX: Childbirth Graphics, Inc. Not dated. Available from: Childbirth Graphics, Inc., P.O. Box 21207, Waco, TX 76702-1207. (800) 299-3366, ext. 287, Fax: (817) 751-0221, e-mail: sales@wrsgroup.com, World Wide Web: <http://www.wrsgroup.com> **Includes:** 22" X 37" color poster. **Content:** Shows mothers from four different ethnic groups breastfeeding.

*Gain What it Takes to Build the Best Baby Possible.* Minneapolis, MN: Regents of the University of Minnesota. 1988. Available from: Division of Epidemiology, University of Minnesota, 1300 S. Second St., Suite 300, Minneapolis, MN 55454-1015. (612) 626-7933. **Includes:** 1-17" x 22" glossy black and white poster. **Content:** Encourages women to gain the right amount of weight during pregnancy.

*How to Grow the Best Baby Possible*. Minneapolis, MN: Regents of the University of Minnesota. 1988. Available from: Division of Epidemiology, University of Minnesota, 1300 S. Second St., Suite 300, Minneapolis, MN 55454-1015. (612) 626-7933. **Includes:** 1-17" x 22" glossy black and white poster. **Content:** Stresses eating right and gaining weight during pregnancy.

*Weight Gain Poster*. Philadelphia, PA: Philadelphia Dept. of Health. Not dated. Available from Maternal and Child Health, Philadelphia Dept. of Health, 500 S. Broad. St., 2nd Floor, Philadelphia, PA 19146. (215) 685-6825, Fax: (215) 685-6806. **Includes:** 17" X 22" poster. *My Weight Gain Tablet* available to adhere to poster so clients can tear off sheets to track weight gain. **Content:** Encourages pregnant women to gain at least 30 pounds. Designed to accompany the booklet *Healthy Foods, Healthy Baby*.

## Update on the Dietary Guidelines for Americans

Many of the above publications refer to *Nutrition and Your Health: Dietary Guidelines for Americans*. These *Dietary Guidelines* were revised (fourth edition) in 1995. Many publishers and authors have not yet incorporated the new edition in to their publications. If you would like a copy of the new *Dietary Guidelines*:

Send a check or money order for 50 cents per copy payable to "Superintendent of Documents" to: Consumer Information Center, Department 378-C, Pueblo, CO 81009.

OR

Visit the Center for Nutrition Policy and Promotion's World Wide Web site at:  
<http://www.usda.gov/fcs/cnpp.html>

OR

From your modem, dial the Fedworld Electronic Bulletin Board at (703) 321-3339. Look for the Food and Consumer Service library of files. Only the text is available here.

## Contacts for Assistance:

American College of Obstetricians and Gynecologists, Office of Public Information, 409 12th St., SW, Washington, DC 20024-2188. (202) 638-5577.

Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, USDA, 10301 Baltimore Ave., Room 304, Beltsville, MD 20705-2351. (301) 504-5719, Fax: (301) 504-6409, e-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov), World Wide Web: <http://www.nal.usda.gov/fnic>



International Lactation Consultant Association, 200 North Michigan Avenue, Suite 300, Chicago, IL 60601. (312) 541-1710, Fax: (312) 541-1271, e-mail: [ilca@erols.com](mailto:ilca@erols.com) (For information on how to become a lactation consultant or to obtain names of lactation consultants for referrals.)

La Leche League International, 1400 N. Meacham Road, P.O. Box 4079, Schaumburg, IL 60168-4079. (847) 519-7730, (800) LA LECHE (for mothers who need help with breastfeeding), Fax: (847) 519-0035, World Wide Web: <http://www.lalecheleague.org/>

March of Dimes Birth Defects Foundation Resource Center, 1275 Mamoroneck Ave., White Plains, NY 10605. (914) 428-7100, Fax: (914) 428-8203. (Or call your local chapter of the March of Dimes. Look in the white pages of your phone book. For information on nutrition and the prevention of birth defects.)

National Capital Lactation Center, Georgetown University Medical Center, 3800 Reservoir Rd., NW, Washington, DC 20007. (202) 784-MILK, Fax: (202) 784-2505.

National Center for Education in Maternal Child Health, 2000 15th St. North, Suite 701, Arlington, VA 22201-2617. (703) 524-7802, Fax: (703) 524-9335, e-mail: [ncemch01@gumedlib.dml.georgetown.edu](mailto:ncemch01@gumedlib.dml.georgetown.edu) World Wide Web: <http://www.ncemch.georgetown.edu/>

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4774 (For literature searches for a fee); Consumer Hotline: 800-366-1655 (For referrals to a Registered Dietitian or taped messages) or 900-225-5267 (For a fee; To speak to a Registered Dietitian with questions). ADA members can use the toll-free number for members only. World Wide Web: <http://www.eatright.org>

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This *Nutri-Topics* was compiled by  
Natalie Updegrove Partridge, MS, RD., Nutritionist  
Food and Nutrition Information Center 1996

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Educator, and Consumer.

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